

## **Fitness Center for CareMoore Participants**

Age Requirements

56-60

,

60+

Other Eligibility Criteria

Adults age 50 and older

Family

No

Intake Process

Call the office for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Nifty After Fifty

<https://www.niftyafterfifty.com/locations>

Main

(804) 767-8329

8935 Patterson Avenue

23229 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

Nifty After Fifty is a fitness center committed to assisting you toward your fitness goals. The Facility includes customized training with staff at no additional cost; state of the art strength training equipment designed for the mature adult; cardiovascular steppers and group exercise classes.

Memberships at this location are only available to CareMore Health Plan participants. If you are a CareMore Member, call for more information.

Nifty after Fifty welcomes The Silver Sneakers fitness program participants.

Service Area(s)

Chesterfield County

,

Henrico County

,

Powhatan County